



Recruitment Rules, Hints and Tips for High School Athletes

Maryland Swimming is providing this guide to help you navigate the college recruiting process.

The guide contains the following:

- a. when you can start reaching out to schools
- b. how to navigate the NCAA recruitment rules
- c. how your coach/coaches can support and guide you, as you choose the right school
- d. what types of questions to ask your college recruitment coach
- e. information for your parents

Swimming World: How to Choose the Best College for You

<https://www.swimmingworldmagazine.com/news/4-ways-to-choose-the-best-college-for-you/>

RECRUITMENT RULES:

It is important for potential student-athletes to know the NCAA Swimming Recruiting Rules. Athletes and coaches have certain restrictions when it comes to college swimming recruiting. Ensure your eligibility by following the following NCAA recruiting rules. The following website is where you will find the rules. If you have questions, ask your current coach.

NCAA Student-Athlete Recruitment Website:

<http://www.ncaa.org/student-athletes/future/recruiting>

OFFICIAL VISITS VS UNOFFICIAL VISITS:

Official Visit: Any visit to a college campus by a college-bound student-athlete and/or his/her parents/guardians paid for by the college is an **official visit**.

Unofficial Visit: Visits paid for by the college-bound student-athletes and/or their parents/guardians are **unofficial visits**.



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NCAA SWIMMING AND DIVING RECRUITING RULES

SOPHOMORE YEAR

Recruiting Material	You may receive brochures for camps and questionnaires
Telephone Calls	You can call the coach at your own expense; Coach cannot call you (meaning they can't return phone calls) prior to 7/15 of your Sophomore year
Off-Campus Contact (home visits, dinner meetings, etc.)	Not Permitted
Official Visits	Not Permitted
Unofficial Visits	Not Permitted – athletic departments cannot participate in a prospect's unofficial visit until 8/1 of prospect's Junior year

JUNIOR YEAR

Recruiting Material	You can begin to receive recruiting material and information from the coach on 8/1.
Telephone Calls	You can call the coach at your own expense.
Electronic Correspondence (i.e. texts, IM, email.)	All forms of electronic correspondence are allowed starting 8/1 of your Junior Year. Correspondence must be private between athlete & coach.
Off-Campus Contact	Allowed 8/1 after your Junior year.
Official Visits	Allowed beginning 8/1 of Junior Year. Prospects are allowed one visit per college and a maximum of 5 visits to D1 schools. Unlimited for D2, D3 and NJCAA Schools.



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Unofficial Visits	Unlimited – beginning 8/1.

SENIOR YEAR

Recruiting Material	You can receive material and information from the coach
Telephone Calls	You can call the coach at your own expense. Coach can call you.
Electronic Correspondence (i.e. texts, IM, email.)	All forms of electronic correspondence are allowed starting 8/1 of your Junior Year. Correspondence must be private between athlete & coach.
Off-Campus Contact	Allowed but no more than 3 times.
Official Visits	Allowed beginning 8/1 of Junior Year. Students are allowed one visit per college and a maximum of 5 visits to D1 schools. Unlimited for D2, D3 and NJCAA Schools.
Unofficial Visits	Unlimited

NCSA Women's Website:

<https://www.ncsasports.org/womens-swimming/recruiting-rules-calendar>

NCSA Men's Website:

<https://www.ncsasports.org/mens-swimming/recruiting-rules-calendar>



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OTHER IMPORTANT RECRUITMENT INFORMATION:

- You are allowed unlimited campus visits if scheduled **without** the assistance of the college coaching staff & not coordinated to meet with the coaching staff on campus, starting your **sophomore** year.
- A college coach may not **evaluate** you more than 7 times during your **senior** year (watch you at meets/practices).
- A college coach **cannot** contact you more than 3 times during your **senior** year.

QUESTIONS YOU CAN ASK YOUR POTENTIAL COACH:

- Does my intended major fit with the practice schedule?
- Is it common for athletes to miss classes or labs due to a meet? If so, how do I make up the work?
- What is the team culture like? Does the team have traditions?
- If I sign with your team, what events would I swim?
- Does your team practice with the men and women mixed or separate?
- How do you support your student-athletes? Are their tutoring options for student-athletes routinely or who struggle academically? Are there counseling opportunities for athletes that may need help?
- What types of scholarships/financial aid packages are available to me?
- What is your training philosophy?
- What goals do you have for the team for the next 5 years? How would I contribute to those goals?

INFORMATION FOR COACHES:

Club Coaches and the College Process: How to help your athletes during the college recruiting and decision process

Alexis Keto, Head Coach Colorado Athletic Club, Former Division 1 Assistant Coach –N.C. State & Northwestern

<https://www.usaswimming.org/docs/default-source/clinics/online-clinic-series/women-in-coaching/4-1-15-how-to-help-your-swimmer-find-their-perfect-college---alexis-keto.pdf?sfvrsn=4>

INFORMATION FOR PARENTS:

<https://collegeswimmingguide.com/how-to-find-the-right-fit-to-swim-in-college>